

# ECFE Learning Links—Winter 2019

## Five Senses

## Mealtime and Munchies

### What We Did in School This Week:

**Art Table:** Finger Painting

**Easel:** Puff Painting

**Math Table:** Explore through Playdough with Shapes and Tools

**Science Table:** Explore through Slime

**Sensory Table:** Snow with Colored Water Spray Bottles

**Activity Table:** FLOAM

**Hands-On Table:** Kinetic Sand with Construction Trucks

**Gross Motor Activity:** Ball Pit

**Song:** Fingers, Nose and Toes

**Book:** *My Five Senses* by Alik  
*My Five Senses* by Margaret Miller

**Take Away Activity:** Valentine's Day Cutting Practice



### Children's Perspective:

I need you to teach me about healthy food and good eating habits.

### Parent Learning:

Parents support their children's development when they teach and model lifelong healthy lifestyle choices.

Minnesota Parent Education Core Curriculum Framework, 2011

### Contact Your ECFE Teachers! We love to hear from you.

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You can see all of our handouts plus more on each parenting topic at <http://faribaultecfe.wikidot.com>

You can find a copy of the McKinley Parent Manual at [www.faribault.k12.mn.us/schools/mecc](http://www.faribault.k12.mn.us/schools/mecc) under "For Parents."

We are also on Facebook:

[facebook.com/mckinleyfaribault](https://www.facebook.com/mckinleyfaribault)

# Family Mealtime Rules

*Excerpt from "Setting Mealtime Boundaries for Your Child" by Sarah Remmer*

## Acceptable:

- Choosing which served foods you would like to eat and how much of each.
- Exploring foods in a polite way, by touching, licking, feeling, stacking, etc.
- Not liking a food (expressing this in a polite way, i.e. saying "no thank you.")
- Testing out a food and politely spitting it out in your napkin if you don't want to swallow it.
- Asking for more of any food after you've explored the other foods on your plate
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Unacceptable:

- Refusing to come to the table—meals are about family time, too.
- Bringing toys, screens, or other distractions to the table.
- Making rude comments about the food.
- Throwing food or deliberately making a mess.
- Asking for separate meals (there is no short-order cooking.)
- Asking for snacks right after a meal. The kitchen is closed after a mealtime.
- Getting up from the table before you've been excused.
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*These mealtime rules are a starting point, but each family is different and can make rules that suit individual styles and situations.*



“Patience is not simply the ability to wait—it’s how we behave while we’re waiting.”

—Joyce Meyer